



## How Far We've Kicked

*By Maria Calcaben*

For the past four years, karate teacher and former intern Rana Zeidan has worked with our PODER after-school kids to teach them the benefits of karate. She teaches them discipline in class, self-confidence, and skills in self-defense. Throughout the years, at least 20 kids have cycled through this free class and although some have moved, those who have stayed continue to move up a belt color. The teens that started in the kids' class are now on their way to a black belt! This year, Rana

decided the kids were ready to

showcase their skills in a different setting

and signed the kids up for the ASK Houston Fall

Tournament, hosted by her former karate coach and founder of the American Society of Karate (ASK) Bill Gray. He was also generous enough to sponsor a van for our kids and parent chaperones to travel to the tournament. On the way to the tournament, the karate kids were nervous but excited. They applied that energy to the tournament and it paid off! The younger kids all won second place and the teens all won first place. Congratulations to Jasper Barrett, Josh Sanchez, Keandre Richardson, Makayla Spurlock, Nancy Zhang, and Zayda Luera! The day trip also helped the team bond as they ate meals together, encouraged each other, and played car games. Thank you to all the supporters that helped make this special trip possible!

## At the San Marcos Public Library!

### Assistance with the Affordable Care Act and HealthCare.gov

Thursday, December 6  
10:30 a.m. to 11:30 a.m.

December 15 is the deadline for enrolling in the Health Insurance Marketplace, but many people have questions about eligibility, what they need as far as essential health and dental coverage, and the differences between the plans and their costs. Get answers that will help you save money and receive the best coverage for you and your family. Meet at the library with a trained and licensed ACA professional.

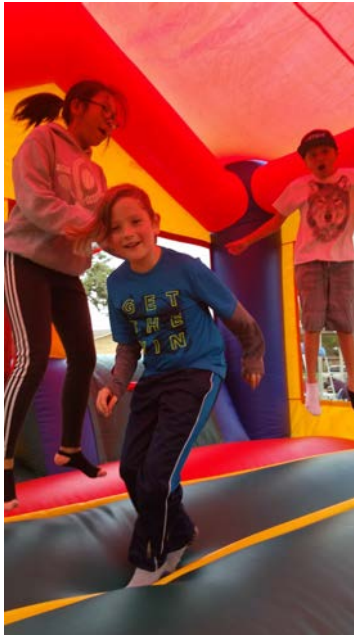
## ALLEN WOODS HOMES — PODER LEARNING CENTER

### RESIDENT ASSEMBLY MEETING: First Friday of Every Month

### *Family Field Day*

What better way to kick off the holiday season than with a Family Field Day event!

Students Amanda Lynch, Jonathan Steedley, Tenzin Sangmo, and Catherine Warner facilitated the event for their Texas State Recreation Advanced Programming class. They



brought arts and craft projects, balls and games for the kids, music for entertainment, and food for the families and residents that attended. There was even a bounce house that was popular with all the kids in all ages. The kids had fun being outside in the sunshine and playing with the kids in the neighborhood. Even our elderly residents had a great time talking with neighbors. The Family Field Day was a



great chance for everyone to become a part of the community.

### **Fly Me to the Moon**

Texas State student and former volunteer Abigail Armenta brought a special out-of-this-world



experiment for the PODER after-school program! A combination of Alka-Seltzer tablets and water blasted film canisters like rockets into the air. After a talk on safety, Abigail proposed the question: How much water do you need to make your rocket fly? Volunteers assisted groups of kids in each trial. After many exciting attempts — some successes and some failures — Abigail led a discussion on the experiment. The kids learned that the chemical reaction built up pressure to propel the rockets into the air. What an interactive way to build interest in science!

## PODER CHRISTMAS PARTY

RSVP: 512-396-3367

Free food, gift exchanges, and community bonding for the whole family!

Wednesday, December 19

6 PM @ the PODER Center





## Springtown Villa

### Upcoming Events:

- ◇ Resident Council Meeting:  
**December 5 @ 3:30 PM**
- ◇ Coping with Grief Class  
with CTMC:  
**December 19 @ 2 PM**
- ◇ Christmas Party:  
**December 19 @ 3:30 PM**

\*There will only be one Resident Council meeting this month in order to accommodate for our Christmas Party. Meetings will resume every 1st & 3rd Wednesday at 3:30 PM in January. See you next year!



We have been very spoiled at **Movie Day** for the last couple of weeks, and it's all thanks to social work volunteer, **Tarika Nath**. (top left)

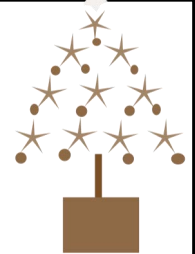
We received a donation of 10 chicken burritos for one week, and 10 more the following week along with chips, salsa, sour cream, and guacamole from Chipotle. The best part? The "guac" was not extra! Resident

Services Coordinator Brianna Lopez (top right) cheeses at the camera with gratitude for the giant pyramid of burritos. What would we do without our awesome volunteers?



### Mental Wellness During - THE HOLIDAYS -

The holiday season is one of the busiest times of year. There is so much to do, attend, plan, and spend, which can sometimes bring up feelings of being overwhelmed, anxious, stressed, and depressed. This is also a time where people may remember the loss of a loved one, or their own personal loneliness.



Holiday depression, anxiety, and stress can affect anyone at any age. Sometimes these feelings are triggered by a specific event or life experience and there are many things happening around the holidays that can act as triggers.

Here are some tips to help you through it:

1. Acknowledge your feelings.
2. Set boundaries & seek support for yourself.
3. Set aside grievances & accept differences.
4. Learn to say "NO."
5. Be patient—learning and practicing new coping strategies takes time.

**\*BONUS:** Breathe. You'd be surprised how difficult it is to do anything without it. Happy Holidays!

Source: Mayo Clinic

### Springtown Villa Christmas Raffle

Prizes include a handmade blanket & two sets of placemats (four mats in each set). There will be **THREE** winners selected on 12/19/18.

#### Prices:

**1 ticket—\$2**

**3 tickets—\$5**

Contact Brianna at  
**512-353-7343** for  
questions or to buy  
tickets!



## C. M. ALLEN HOMES — KAD KORNER STORE



A couple of important lessons we teach at KAD are that the sky is the limit and to always follow your dreams. Amanda Sladeck did just that! To the right, the former KAD member is pictured doing a toe-touch at just 14-years-old during a Goodnight Middle School Dance Team practice. After graduating high school, she continued on to becoming a dancer at Sam Houston University, and is currently a Dallas Mavericks Cheerleader. However, it was not always an easy road to get there. It took patience, hard work, and sacrifice from both



Amanda and her grandmother, Lois Sladek. Dance can be a pretty expensive hobby, but that wasn't going to hold her back from her dream.

Amanda would often work for the high school dance instructor over the summer to make money to pay for her dance classes. Despite the many challenges and barriers she and her family faced, she made it. So, to current KAD members, that means you can too!



This semester, **Agape Ballet** put on a student led Halloween dance recital. One of the dancers, **Claudia Barerra** began taking dance classes at her school after discovering her interest in dance through the program. She came up with the idea of having a Halloween recital and along with the other dancers and helped envision what the set up would look like. Other students have begun to master their splits, as well as show improvement in remembering their ballet terminology. Now the practice begins for the winter recital in **December!**



**Legends Home Health provided a wonderful Thanksgiving Luncheon and Bingo for the residents of CM Allen. In the season of giving, Charmaine prepared a delicious homemade Thanksgiving meal with all of the trimmings enjoyed by all that attended.**



*Happy Holidays*  
**FROM YOUR FRIENDS AT KAD!!!**



## CHAPULTEPEC HOMES & ADULT LEARNING CENTER

All too often we think that our situation will never change. In the FSS program, families are working hard to make sure that they become successful. Everyone should have goals to make those things possible.

One of our very own FSS participants, Lucy Kalunde recently graduated with a Master's degree and is now employed. She recently presented a Smoking Cessation class to other FSS participants. All in attendance were impressed with the class. After the presentation, residents made "vision boards." This exercise was to bring a visual representation of their goals. Not only did the adults benefit from this but their children also made their own. It is important to remember that no matter what life throws your way, you should always have goals. Lucy noticed that she has achieved so many of her goals that it is time to add to her own vision board. What will be next for Lucy? Only time will tell but she has a plan and is ready for the challenge. We see nothing but wonderful things in her future!

### Coming Full Circle



### Holiday Happenings

- \* Resident Assembly meeting: December 15
- \* The Resident Assembly will be hosting a Christmas party on December 20
- \* Offices closed: December 24 & 25



### Giving Thanks

Chapultepec residents pulled together and had a fantastic Thanksgiving meal. It was wonderful to see so many of our families come together to celebrate. Special thanks to Shelley Sherman for making the turkey, and to everyone that brought something to share with their neighbors.

FILE OF LIFE		
<b>KEEP INFORMATION UP TO DATE !!</b> <i>Review At Least Every Six Months !</i>		
<b>MEDICAL DATA REVIEWED AS OF</b>		
Name:	MO.	YR.
Address:	Sex: M F	
Doctor:	Phone #:	
Preferred Hospital:		
<b>EMERGENCY CONTACTS</b>		
Name:	Phone #:	
Address:		
Name:	Phone #:	

### Every Second Counts

In medical emergencies seconds can mean the difference between life and death. A File of Life sticker on your door alerts first responders that up-to-date Medical Information is attached to your refrigerator in a magnet. No cost to you! Call Amanda Smalley with Robinson Creek Home Health & Hospice at 361-550-6898 and she will come to you and help you get your File of Life done!

### Why everyone should have their own File of Life

Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency.

Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.



### LEGAL ADVICE AND INTAKE CLINIC

This monthly walk-in clinic is open to Hays County residents and is an opportunity for individuals to meet one-on-one with a licensed attorney to receive free legal advice on their civil legal problems. Depending on the type of case and financial need, individuals may also apply for additional free legal services.

#### What kinds of legal problems can I receive help with at the clinic?

Civil legal problems, including but not limited to:

- **Family:** divorce, child custody and support, domestic violence, wills, and guardianship
- **Housing:** home ownership, eviction, and foreclosure
- **Consumer:** collections, access to utilities, and bankruptcy
- **Caregiver Authorization:** caregiver designation for children in the event of detainment or deportation

**We cannot help with fee-generating, criminal, or other immigration legal matters.**



**WHO:** Individuals with civil legal issues who cannot afford an attorney

**WHAT:** Free legal advice from licensed attorneys

**WHEN:** 2nd TUESDAY of every month starting at 6 PM

Clinic registration runs from 6:00 - 7:00 PM

Must sign in before 7 PM to speak with an attorney

**WHERE:** Centro Cultural Hispano de San Marcos

211 Lee Street, San Marcos, TX, 78666

*Spanish interpreters are available. No childcare available.*

**For more information, please call Volunteer Legal Services at (512) 640-7748.**

## More Great Stuff at the Library!

### Free Family Christmas Movie Night: Home Alone

Wednesday, December 12  
6:00 p.m. to 8:00 p.m.

Your friends and family will have a great time with this family friendly, hilarious classic Christmas film. Enjoy the free popcorn, or bring your own favorite movie snacks!



### The Vision Workshop: Moving from Stuck to Unstoppable

Tuesday, December 11  
7:00 p.m. to 8:00 p.m.

This dynamic vision workshop will help you unlock your ability to harness your life's purpose and experience more balance and prosperity. This workshop aims to help participants get more results from their work, and increase their success, while staying in harmony with important values and spiritual beliefs.

### Adult Learning Center Office Hours Mondays to Thursdays 1:00 to 4:00 p.m.

Community Action, Inc. offers free classes for GED test preparation and English Language Learning classes at the San Marcos Public Library.

Please call the Learning Center at 512-393-8215 with any questions.

### GED Registration

Attend any of the following dates:

Monday, January 14  
9:00 a.m. or 1:00 p.m.

Tuesday, January 15  
9:00 a.m.

Wednesday, January 16  
1:00 p.m.

Thursday, January 17  
9:00 a.m.

Free classes meet Monday through Thursday at 9:00 a.m. and Monday and Wednesday at 1:00 p.m.

### ELL Registration

Tuesday, January 8 or  
Thursday, January 10  
6:30 p.m.

Free classes meet Monday through Thursday 6:30 to 8:30 p.m.

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 \$ Management Class KAD @ 5 PM	6	7	8
9	10	11 Vision Workshop, SMPL @ 7 PM	12	13	14 Orientation, Workforce Solutions, 10 AM	15
16	17	18	19	20	21	22
23	24 SMHA OFFICES CLOSED	25 SMHA OFFICES CLOSED	26	27 Food Wise Cooking Class CALC @ 6 PM	28	29
30	31 SMHA OFFICES CLOSE @ 2	 <p>December got its name from the Latin word “decem” because it was originally the tenth month of the year in the Roman calendar, which began in March. The winter days following December were not included as part of any month. Why bother? January and February were created later and added to the beginning of the calendar, but December retained its name.</p>				

## LEADERSHIP

**Board of Commissioners**  
 Maggie Moreno — Chairperson  
 Juan Miguel Arredondo — V. Chairperson  
 Gerald Brown — Res. Commissioner  
 Rose Brooks — Commissioner  
 Richard Cruz — Commissioner

**Executive Director**  
 Albert Sierra

## HOUSING OFFICES

**Allen Woods Homes (Main Office)**  
 512-353-5059

**CM Allen Homes**  
 512-353-1116

**Chapultepec Homes**  
 512-396-3364

**Housing Choice Voucher**  
 512-353-5061

**Springtown Villa**  
 512-396-3363

## RESIDENT SERVICES

**Chapultepec Adult Learning Center**  
**Family Self-Sufficiency**  
 512-396-3364

**CM Allen KAD Korner Store**  
 512-392-6273

**Allen Woods PODER**  
**Learning Center**  
 512-396-3367

**Springtown Villa**  
 512-353-7343